



RECREATION

Children need to learn to be active throughout the day. Being physically active has many benefits including healthier heart and lungs, stronger bones and muscles, improved self-esteem and reduced stressed, improved concentration and enhanced memory and mental awareness. There are a range of recreational activity based experiences that can reinforce the importance of activity.



ACTIVITY SUGGESTIONS

- Whole school walk/bush walking
- Visit and use a community park and finish with a picnic lunch
- Aerobics – try a ‘whole school’ aerobics session in assembly
- Orienteering around your school
- Frisbee – try a Frisbee golf competition
- Wear pedometers, count the number of steps between different locations in the school

ONLINE RESOURCES

Active for Life

www.vichealth.vic.gov.au/activeforlife

Heart Foundation

www.heartfoundation.org.au/healthy-eating

A Healthy and Active Australia

www.healthyactive.gov.au

Walk to School

www.walktoschool.vic.gov.au

Victoria Walks

www.victoriawalks.org.au/smartsteps

Orienteering

www.vicorienteering.asn.au

The Australian Council for Health, Physical Education and Recreation, Victorian Branch

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